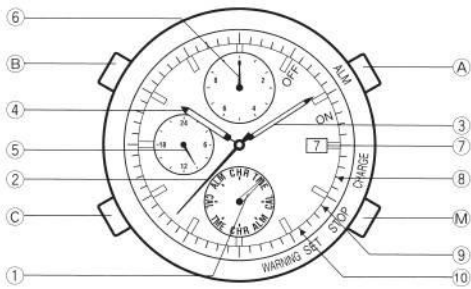
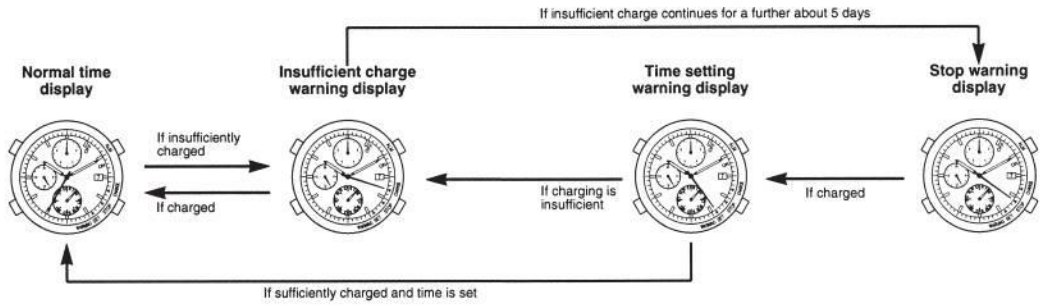


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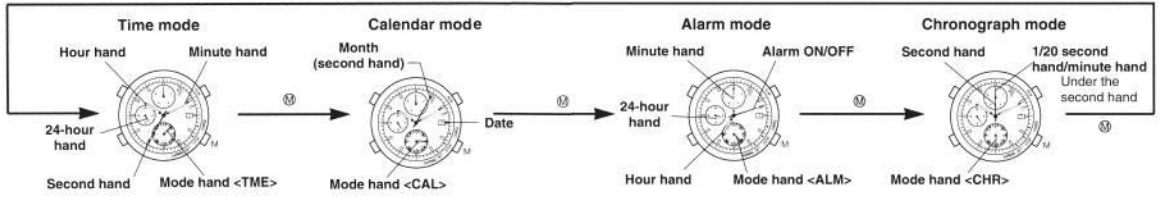
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Name	Time mode	Calendar mode	Alarm mode	Chronograph mode
①: Mode hand	Displays TME	Displays CAL	Displays ALM	Displays CHR
②: Second hand	Displays seconds	Displays current month	Displays alarm ON/OFF	Displays chronograph seconds
③: Minute hand	Displays minutes		Alarm minute hand	Displays time minutes
④: Hour hand	Displays hours		Alarm hour hand	Displays time hours
⑤: 24-hour hand	Synchronized with hour hand and displays 24-hours		Synchronized with alarm hour hand and displays 24-hours	Synchronized with hour hand and displays 24-hours
⑥: Function hand	Always "0" (12 o'clock) position			Displays chronograph's 1/20 seconds or minutes
⑦: Calendar	Displays current date			

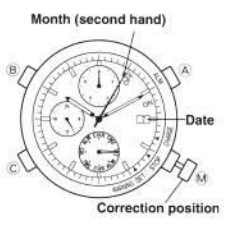
Name	Time mode	Calendar mode	Alarm mode	Chronograph mode
Ⓜ button	Mode change Time adjustment	Mode change Calendar adjustment	Mode change Time adjustment	Mode change
Ⓛ button	Not used	Month correction in clockwise direction	Switches alarm ON and OFF	Chronograph start/stop
Ⓢ button	Adjusts time clockwise	Date correction	Adjusts time clockwise	Reading the chronograph measurement in 1/20 second
Ⓚ button	Adjusts time counter-clockwise	Not used	Adjusts time counter-clockwise	Chronograph split/reset

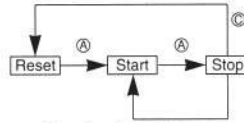
▲
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Illuminance (lux)	Environment	Time required		
		From the stop state to the one second movement	One day usage	Empty to full
500	Inside an ordinary office	28 hours	2 hours 30 minutes	220 hours
1000	60-70cm (24-28in.) under a fluorescent light (30W)	13 hours	1 hour	105 hours
3000	20cm (8in.) under a fluorescent light (30W)	4 hours 30 minutes	25 minutes	34 hours
10000	Exterior, cloudy	1 hour 30 minutes	8 minutes	10 hours
100000	Exterior, summer, sunny	50 minutes	2 minutes	3 hours



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Pressing button (A) to repeat the chronograph start and stop cycle.

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Chronograph reset

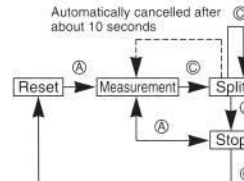


Chronograph measurement



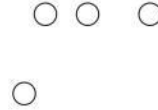
Function hand (Chrono minutes or chrono 1/20 sec.)






Second hand (Chronograph seconds)





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Indication		Water-related use				
Watch face	Caseback	 Light spray, perspiration, light rain, etc.	 Swimming, etc.	 Skin diving (without air tank)	 Scuba diving (Diving with air tank)	 Operating the button when the watch is wet.
	WATER RESIST	OK	NO	NO	NO	NO
WATER RESISTANT (5 bar)	WATER RESIST	OK	OK	NO	NO	NO
WATER RESISTANT (10-20 bar)	WATER RESIST	OK	OK	OK	NO	NO

"WATER RESISTANT" may sometimes be abbreviated as "WATER RESIST"

* Always set the button in the normal position.

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